



## FR. FRANK'S TUSCAN TOMATO SOUP



### Ingredients:

- + 9 ounces day-old stale sourdough or country bread
- + 1 large bunch Swiss chard
- + 2 (15-ounce) cans chickpeas
- + 2 medium carrots
- + 2 medium stalks celery
- + 1 medium onion
- + 4 cloves garlic
- + 2 tablespoons olive oil
- + 1 dried bay leaf
- + 1 ½ teaspoons kosher salt
- + ½ teaspoon freshly ground black pepper
- + 6 cups low-sodium vegetable or chicken broth
- + 1 (15-ounce) can tomato pureé (1 ¾ cups)
- + Grated Parmesan cheese, for serving (optional)







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### Instructions:

1. Tear 9-ounces day-old stale sourdough or country bread into bite-sized pieces (about 3 cups). Pull the leaves from the tough stems of 1 large bunch Swiss chard. Coarsely chop or tear the leaves in bite-sized pieces. Drain and rinse 2 cans chickpeas.
2. Make a soffritto: Peel and finely chop 2 medium carrots, finely chop 2 celery stalks and 1 medium onion, and mince 4 garlic cloves.
3. Heat 2 tablespoons olive oil in a large heavy-bottomed pot over medium-high heat until shimmering. Add the onion mixture and 1 bay leaf and season with 1 ½ teaspoons kosher salt, and ½ teaspoon black pepper. Sauté until softened, 5 to 7 minutes. Add the Swiss chard and sauté for a minute so it just starts to wilt.
4. Add the chickpeas, 6 cups low-sodium vegetable or chicken broth, and the tomato puree. Bring to a boil, then reduce the heat to a simmer. Cook until soup thickens slightly, about 10 minutes. Remove from the heat, cover, and let sit. Remove and discard the bay leaf. Serve over bread and topped with grated Parmesan cheese (optional).

